



Tuart Place
Growing Strong Together

WHAT'S ON AT TUART PLACE

Kambarang EVENTS OCTOBER 2026



Kambarang is the "second spring" represented by the colour yellow, which is represented by the beautiful wildflowers that covers boodja, the land. Temperatures rise and the days are increasingly hot and warm with less cold fronts coming from the coast.

The Nutsyia Floribunda, also known as the Moodjar or Christmas tree leads the way brightening up the bush with its colourful display of yellow blooms. Bees and birds are busy drinking up nectar from the abundant wildflowers.



SUPPORT GROUP WITH MARY-ANN 10.30am Wednesdays

5th October: Caring for Me
14th October: Reducing Anxiety
4th November: Create a
toolbox of positive thoughts
18th November: practical ways
to boost your wellbeing

LET'S TALK ABOUT
DIABETES *with Tash*
12.30pm Monday
12th October



FACT AGM
12 NOON
MONDAY
19TH OCTOBER

BASKET WEAVING

Join our popular weaving
class with well-known
local artist Sandra and
learn a fun new hobby

10.30am Wednesday 14th October



TOASTIE THURSDAY'S *made by Jessie*

Hot toasties
served up
from 12
noon, every
Thursday



HAIRCUTS

WITH JACQI

12:30pm Wednesday
14th October
& Wednesday 11th
November

WITH CINZIA

1:00pm Monday
26th October

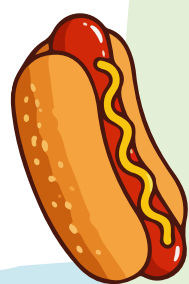




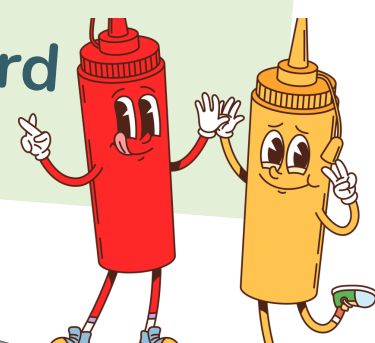
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WHAT'S ON AT TUART PLACE

EVENTS NOVEMBER 2026



21st Annual END OF YEAR BBQ
12 -2pm, Sunday 1st November 2026
Waterford Playing Fields
Cnr Manning & Elderfield Roads, Waterford
Family & friends welcome



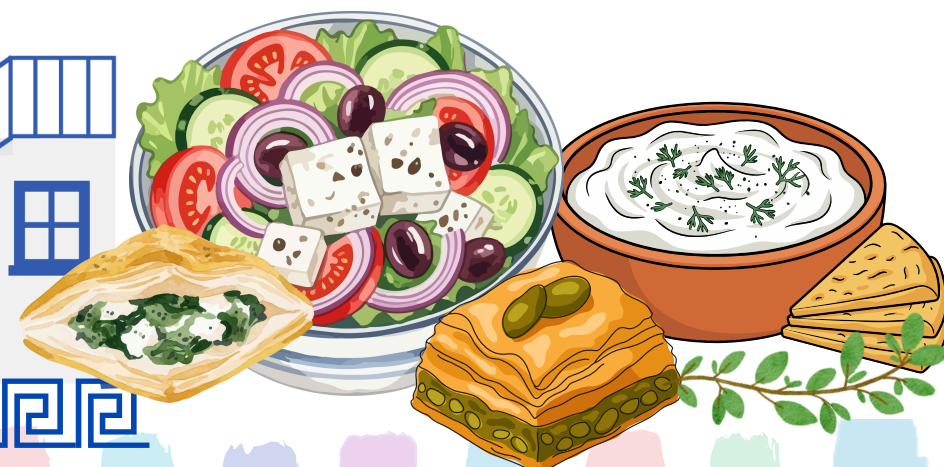
Go behind bars on a
PRIVATE TOUR of the FREO PRISON

Meet at Tuart Place 12.30pm
Wednesday 4th November



GREEK FOOD TASTING

Lets transport to Greece
with a tapas style tasting session
12.30pm Monday 9th November



PAINT WITH WATERCOLOURS

with Artist Elayne



10.30am
Wednesday
11th November
in the Support
Group



PODIATRY

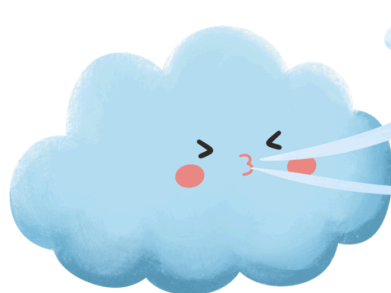
Healthy feet
with Kim!



10.30am Monday 26th October
10.30am Wednesday 18th November

Breathwork with Paula

10.30am Wednesday
25th November
with Support Group



Kambarang

Kambarang is the perfect time to get outdoors. The days are longer and drier with mild temperatures. The landscape bursts with colour, banksias, kangaroo paws start to flower and the Balga grass trees have long tall flowering spikes sent skyward.

The magpies, koolbardi are protecting their young and reptiles awoken from hibernation. Look out for little bobtails, and snakes you might see them basking in the sun or searching for food.



BINGO WITH MARY

1pm Wednesday 21st October
& 1pm Monday 23rd November



Tuart Place 24 High St Fremantle WA 6160 Phone: 6140 2380 or Freecall 1800 619 795